

# EJEPL Monthly Review

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News for the Month of February 2019

WWW.EJEPL.NET

*It is our mission to prepare players to become the Junior, Prep School, and College recruits of the future. Players are introduced to elite practices, skill development opportunities, and academic guidance*



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### *Eastern Junior Elite Prospects League in Review*

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# EJEPL ALL STAR WEEKEND

## 12 U AND 14 U



### 12 AND 14 U ALL-STAR GAMES GREAT EVENT FOR PLAYERS

**BROOKLYN, NY.....**The annual 12 and 14 U All-Star games were held on MLK Day at Abe Stark Arena in Brooklyn, NY. It was cold outside.....5 degrees, outside, but nice and warm inside. Abe Stark arena is next to the original Nathan's Hot Dogs --where they have the annual hot dog eating contest. In the first game the 12 U Blue and White teams battled. The Blue team coached by **John Rostawanik (Ramapo)** and **Paul Cavanaugh (Hunterdon Bears)** defeated the White team coached by **Chris Evans (Pelham)** and **Michael Couvrette (Red Bank)** by a 12-2 score. For the Blue team, MVP **Matt Maglio (NJ Bandits)** tallied a Hat Trick with other goals scored by **Jacob Monroe (Ramapo)**, **Luca Infusino (Jersey Colts)**, **Robbie Turnbull (Hunterdon)**---2 goals, **CJ Diagastino (GNY Stars --2 goals)**, **Jake Baratta (Ramapo)**, **Connor Lawrence (Palmyra)**, **Ryan Rutkowski (Protec Ducks)**, also adding tallies. For the White team, MVP **Colin Moody** scored as well as **Will Crotty (Pelham)**.



In the 14 U game, the White team coached by **Thomas Maulding (Montgomery)** defeated the Blue team coached by **Fred Cassivi (Palmyra)**, **Jeremy Snyder (Tomorrow's Ice)** & **Ken Reagan (Hollydell)** by a score of 6-4. The first period was scoreless as the action was back and forth with good goaltending and some great chances at both ends. For Blue, MVP **Aadan Plank (Hollydell)** scored (2) goals with **Brady Porter (West Coast Renegades)** & **Duncan Craine (Ridgefield Lions)** also lighting the lamp. Brady Porter's team plays in Salt Lake City, Utah. **Max Allen** had (2) assists for the Blue team. Also to be acknowledged is **Zack Brady (Red Bank)** who attended the game even though he was injured and couldn't play. For the White team, MVP **Ryan Spengler (Darien)** tallied a Hat Trick with **Colin Horn (Mid State)**, **Mike Torre (So Ct Stars)**, & **Jordan Reillo (Igloo Jaguars)** also adding goals. **Christian Cuccia (Protec)** tallied (2) assists for

The EJEPL wants to thank **Lisa Davie & Brian O'Leary (GNY Stars)** for all their help in hosting the event. The 16/18 U games will be February 18th at Aston IceWorks, Aston, PA



# EJEPL ALL STAR WEEKEND

## 16 U AND 18 U



## 16/18 ALL-STAR GAMES ENTERTAINING

### Scouts Impressed with Talent

**Philadelphia ...**The 2019 All-Star games were held President's Day at Aston Ice Works with 90 of the top players in attendance. In the 16 game, the Blue team coached by **Rejean Boivin (Aston)** and **Gary Cremen (Howard)** held on for a 4-3 win. **Caleb Craven (Tomorrows Ice)** was named the Blue MVP. For **Ken Doak (Hatfield)** and the White team, **Alex Aracich (Piedmont)** was the White MVP. In the 18 U game, the Blue team coached by **Mike Cleveland (York)** and **Ed Shinnick (LI Edge)** defeated the White team 11-4 in a wide open game. The White team coached by **Adam Graff (Delaware Ducks)** had many chances to score in the back and forth game. The Blue MVP was **Julian Reiss (LI Edge)** who had 5 points. The White MVP was **Brandon Gregg (Hatfield Ice Dogs)**. Many scouts were at the game and were excited to talk to players after the game. Thanks go to the staff at Aston Ice Works for hosting the event



16U bBue team MVP

Caleb Craven (Tomorrow's Ice ) with  
Coach Rejean Boivin and Henry Lazar



16U White team MVP

Alex Aracich (Piedmont Predators) with  
Coach Ken Doak and Henry Lazar



18U White team MVP

Brandon Gregg (IceDogs) with  
Coach Adam Graff and Henry Lazar



18U Blue Team MVP

Julian Reiss (LI Edge) with  
Coach Mike Cleveland and Henry Lazar

# EJEPL PLAYOFF RECAP



**New York....** The 2018-19 EJEPL playoffs concluded Feb 10 with some great Championship games capping a two week playoff event that crowned 22 Champions. There were many OT games and at the Diamond level, almost 75% of the games were 1 or 2 goal games. The EJEPL wants to thank all the playoff venues for the professional way they hosted the events. Thanks are in order for Aston Ice Works, Ice Line, Revolution Ice Gardens, Igloo Ice Center, Hatfield Ice, Long Beach Arena, Red Bank Armory and Abe Stark Arena. **Geno Binda** and **Mike Schubert** did a great job with the referees and our Supervisors--- **Larry Nastasi, Steve Kauffman, Sean McQuade, Vincent Hellemeyer, Jay Provost, Henry Lazar, Jeff DeSalvo, Kevin Matola, & Christian Hubert,** were great. The weather cooperated both weekends and we really had zero problems. With almost 200 total playoff games played, the EJEPL Managers and Coaches also did a great job.

Congratulations to the **LI Rebels Organization** who won (5) Championships (12 U Diamond, 13 U Diamond Division 1 and (3) Lady Islander Championships.

Congratulations to the **Ashburn X** for winning the 14 and 16 U Diamond Championships.

The Coaches did a great job in some very close games. The MADD Level will conclude the EJ season with their playoffs at the 10 and 12 U levels on Sunday March 10 at Freeport Recreation Center.

THE WEB SITE WILL HAVE PICS OF ALL THE WINNING TEAMS AND MVP'S SOON. The winners will also take their place in the Past Champions section on the web site as well as their banners hanging proudly in all their home rinks.



# 2018-2019

## PARADE OF CHAMPIONS



9 U DIAMOND	RAMAPO SAINTS MVP PAUL RUBACK
10 U DIAMOND	GREATER NEW HAVEN WARRIORS MVP ELI KUREK
10 U FUTURES GOLD	LONG BEACH LIGHTNING MVP JACKSON LOPEZ
10 U FUTURES SILVER	LI SHARKS MVP NICHOLAS BOBORIS
11 U DIAMOND	NASSAU COUNTY LIONS MVP BRODY MURRAY
12 U DIAMOND	LI REBELS MVP JESSE KATOF
12 U FUTURES GOLD	CAROLINA HURRICANES MVP CAMERON SPARKS
12 U FUTURES SILVER	LI ROYALS MVP MATTHEW HUGHES
13 U DIAMOND DIV 1	LI REBELS MVP NICHOLAS NOCE
13 U DIAMOND DIV 2	KENT ELITE MVP JUSTIN SULLIVAN
14 U DIAMOND	ASHBURN XTREME MVP MICHAEL MIRANDA
14 U FUTURES GOLD	YORK DEVILS MVP LIAM HELLYER
14 U FUTURES SILVER	BAYONNE RANGERS MVP ETHAN POWERS
15 U DIAMOND	PRO TEC DUCKS MVP CONNOR KACZMAREK /IVAN BORISOV
16 U DIAMOND 1	ASHBURN XTREME MVP IAN KEE
16 U DIAMOND 2	CAROLINA EAGLES MVP JACK HANSEN
16 U FUTURES	HOLLYDELL HURRICANES MVP PARKER RUCCI
18 U DIAMOND 1	LI EDGE MVP JULIAN REISS
18 U DIAMOND 2	NYC CYCLONES MVP FRANK PIZZONIA
<b>GIRLS</b>	
12 U	LADY ISLANDERS
14 U	LADY ISLANDERS
16 U	LADY ISLANDERS

# EJEL PARADE OF CHAMPIONS



9 u Ramapo Saints



10 U Greater New Haven



11 U Nassau County Lions



12 U Long Island Rebels



13U Division 1 Long Island Rebels



13 U Division 2 Kent Elite



# EJEL PARADE OF CHAMPIONS



14 u Ashburn Extreme



15U Protec Ducks



10 U Futures Gold Long Beach Lightning



10 U Futures Silver Long Island Sharks



12 U Futures Gold Carolina Hurricanes



12 U Futures Silver Long Island Royals



# EJELP PARADE OF CHAMPIONS



14 U Futures Gold York Devils



14U Futures Silver Bayonne Rangers



16 U Futures Holleydell Hurricanes



12 U Girls Lady Islanders



14 U Girls Lady Islanders



16 U Girls Lady Islanders



# EJEPL DIAMOND MVP'S



**RAMAPO SAINTS**  
MVP PAUL RUBACK



**GREATER NEW HAVEN**  
MVP ELI KUREK



**NASSAU COUNTY LIONS**  
MVP BROADY MURRY



**LI REBELS**  
MVP JESSE KATOF



**LI REBELS**  
MVP NICHOLAS NOCE



**KENT ELITE**  
MVP JUSTIN SULLIVAN



**ASHBURN XTREME**  
MVP MICHAEL MIRANDA



**PRO TEC DUCKS**  
MVP CONNOR KACZMAREK



**ASHBURN XTREME**  
MVP IAN KEE



**CAROLINA EAGLES**  
MVP JACK HANSEN



**LI EDGE**  
MVP JULIAN REISS



**NYC CYCLONES**  
MVP FRANK PIZZONIA



# *EJEPL FUTURE MVP'S*



**LONG BEACH LIGHTNING**  
MVP JACKSON LOPEZ



**LI SHARKS**  
MVP NICHOLAS BOBORIS



**CAROLINA HURRICANES**  
MVP CAMERON SPARKS



**CAROLINA EAGLES**  
MVP JACK HANSEN



**YORK DEVILS**  
MVP LIAM HELLYER



**BAYONNE RANGERS**  
MVP ETHAN POWERS



**HOLLYDELL HURRICANES**  
MVP PARKER RUCCI





# Helping A Player Bust Out Of A Slump

→ By Scott Paluch

**E**very athlete is going to go through a slump at one time or another. Whether they're a baseball player struggling to get a hit or a hockey player who is having a hard time finding the back of the net, everyone hits a dry spell. How they handle themselves in the lean times is what separates winners from losers. As a coach you can play a big role in helping a player put a slump behind them.

**1** Not all slumps are a lack of scoring. Sometimes a player just may not be playing up to his or her potential. They may not have the same jump or may be a step behind the play. Their head just might not be in the game. Goalies, too, go through rough patches where they let in more goals than they are used to.

**2** There are a number of variables that can cause a slump. A player may be injured, or worn down as the season drags on. They have run into a couple of hot goalies or find that teams are keying on them. Or they've simply hit a bit of bad luck.

**3** The first step to snapping out of a slump is to get to the root of the problem. That starts with determining whether it is a physical or mental slump. As stated earlier, a physical slump may be caused by an injury or the wear and tear of a long season. Mental slumps can be more difficult to detect, and thus harder to figure out how to break out of. A mental slump can shake a player's confidence or leave them pressing too hard and gripping their stick too tight.



*A mental slump can shake a player's confidence or leave them pressing too hard and gripping their stick too tight.*

**4** When a player is in a slump he or she needs to go back to the basics of what has worked in the past. Encourage them to focus on the little things and the big things will take care of themselves.

**5** You need to stress to a slumping player that there are other ways he or she can help your team be successful. One of the most important is to be a good teammate and celebrate the team's successes even though they may not find their name on the scoresheet.

**6** As a coach it's your job to create the right type of culture within your locker room.

You need to stress that everyone is in this together. If one player is not scoring, it's up to his or her teammates to pick up the slack and continue to support one another. If you have a positive approach your players will feed off of that.

**7** Encourage a slumping player to stay positive and continue to work hard. A player with a positive attitude is going to work their way out of a slump much faster than a player who dwells on it. ☆

*Scott Paluch is a regional manager with the American Development Model.*



## COACH OF THE MONTH



NICK JONES

Age: 25

Hermantown, Minn.

When Nick Jones finished playing hockey, his winters grew colder without the sport in his life.

These days it's a warm and welcomed sight to see Jones behind the bench with the Hermantown Youth Hockey Association.

Originally from Buffalo, Minn., Jones spends 30 to 40 hours a week at the rink. The Level-4 coach currently heads up the Hermantown 12 & Under AA team. He was also instrumental in running the Little Wild Learn to Play program in Duluth.

"Nick has a passion for hockey and puts the kids first," said Christian Koelling, the Minnesota District coach-in-chief. "He develops people first, then athletes, and then hockey players. He does a fine job each step of the way."

Being relatively young helps Jones bridge the age gap with his players. Seeing their development trend in the right direction keeps him coming back to the rink each year.

"I believe we have a pretty special program with the guys I coach with," he said. "That makes it hard to stay away from the rink."



## THE HOCKEY MOM

By Christie Casciano Burns

## Ice Time Woes Can Leave Parents Hot Under The Collar

I REMEMBER MY FIRST ENCOUNTER with this hard truth. It was a tightly-contested game coming down to the wire. All the parents edged closer to the ends of our seats, tensing up on every shot on net. Just one thing was missing. "Uhh, where is our kid?"

Welcome to the wonderful world of travel hockey.

Gone were the days of equal playing time and fun for all. We were here to get the win, and the coach would do whatever it took to put the team in a position to do so. In this case that meant trotting the first line out shift after shift.

It wasn't easy for us to watch our hockey player parked on the end of the bench like an old car sitting on cinder blocks in the driveway. Every parent wants their child to get as much ice time as any other kid, and in the early stages, they should. Making players better is the name of the game, and that is achieved through maximizing ice time. As players age and the emphasis on winning grows, that equal division of the ice time pie begins to fall by the wayside.

Caryn Hammond says kids generally know why they are getting benched or receiving little ice time in travel hockey. That doesn't mean they have to accept the status quo, but it is their battle to fight, and not yours.

"Never go to the coach to complain. It won't end well for you or your kid," says the hockey mom from Lake Zurich, Ill.

That 'next level' communication between coach and player is important.

"Advocating for yourself is a valuable lesson to learn as a player," says Zielke, who believes understanding the expectations from the beginning is important as well.

"Not all kids are cut out to be travel or AAA players, regardless of what we want for them as parents."

Syracuse, N.Y., hockey mom Lauren Knapp says sometimes you need to work on changing attitudes.

"Don't get bitter, get better," Knapp says. "Show the coach you care and are willing to do what it takes to get that playing time."

Thinking back to that initial game with our child riding the pine in the waning moments, perhaps it was our ego that was bruised more than our kids' were. They not only rolled with the punches, but punched back—stepping up their game and eventually working to become the

players the coach counted on for penalty kills and tight, end-of-game scenarios. It was a valuable life lesson.

At the end of the day, not everyone can be on the ice to close out a game and not every player wants the immense pressure that comes with those situations. Oftentimes, our players have a greater understanding of this than we do as parents. They put the team first and know late in the game, it's just as important to be there to cheer for their teammates.

The best thing we can do is cheer right along with them. ☆

*Don't get bitter, get better.*





# Getting The Most Out Of Practice

→ By Emily West, ADM Manager, Female Hockey

**C**oaches at every level of the game will inevitably ask the same question at some point in the season: How do I get the most out of each practice? We all know that ice time is a precious commodity, so it's important to make every minute count. Here are a few ideas to get the most out of every practice.

## 1 Change With The Seasons

Tailor your practice plans to your team's age and skill level, as well as the time of the season. Early in the year you may want to focus more on the fundamentals and basic team concepts. That doesn't mean you abandon those things as the season progresses, but you can introduce new concepts to keep things fresh and help develop new skills.

## 2 Communication Before Practice

Don't waste ice time going over your practice plan on a dry erase board over near the bench. Go over the practice plan with your coaches before practice to get them on the same page so they know what their roles are. Then talk with your team about the upcoming practice, what stations and drills will be incorporated and what they will be working on. It's a good idea to have specific names for drills so that when you call them out your players know what to do.

## 3 Stick With What Works

Some coaches don't like repeating a practice plan, but I don't see anything wrong with it. If something works, don't be afraid to stick with it. Especially if your players seem to enjoy a particular drill or small-area game. You can always tweak a drill by adding in a few new wrinkles.



## 4 Have A Theme

I like practices that focus on a central theme, such as skating, scoring or passing. Within every drill you can incorporate different elements so your players are working on a specific skill, oftentimes without realizing it. Construct a practice plan where each drill complements the ones before and after it to create building blocks to improvement.

## 5 Be Flexible

Sometimes things look good on paper but when you get out on the ice they don't go as planned. Don't be afraid to mix it up, especially if your players don't seem to grasp the concept of the drill or it's not challenging enough for them. Some days your players' minds aren't in it and their energy level is not what you'd like. That's especially true at certain times of the school year and the season. That's a time to call an audible.

*I like practices that focus on a central theme, such as skating, scoring or passing.*

## 6 Keep Things Moving, And Keep Things Fun

I wish I grew up with station-based practices and small-area games when I was starting out. It's so much easier to be trained in situations that offer little time and space so that when things happen in a game you're able to adjust. That's why so many college and pro coaches will incorporate small-area games into their practices. When you put your players through a well-run station-based practice you can see that they leave the ice completely gassed with smiles on their faces. That's when you know you've run a good practice.

## Final Thoughts

Some people think that the higher up you progress in the game the less fun it is. Nothing can be farther from the truth. Competition and fun go together. As a coach you're building a platform for kids to develop a love of the game. And practice is a perfect place to plant that seed. ☆



# EJEPL 2018-19 ALL-STARS

DIAMOND DIVISION AGE: 12U & 14U



Colin Moody

Patrick Leonard

Ryan Spengler

Alex Garabet

## MVP PLAYERS

12U All Star MVP - White Team  
Colin Moody - Darien Youth Hockey



14U All Star MVP - White Team  
Ryan Spengler - Darien Youth Hockey



WE ARE  
SO PROUD  
OF YOU



# *Organizational Spotlight Featuring*

## *Long Island Sharks*



The Sharks Elite Hockey Club is a proud member of the Eastern Junior Elite Prospects League (EJEPL). The Sharks field at least ten (10) youth hockey teams each season ranging from 8U (mites) through 18U. The organization also participates in the Long Island Amateur Hockey League and plays home games at Iceland in New Hyde Park, Long Island. All teams participate in a pre-season training camp (with no extra charge), attend at least two (2) showcases or tournaments (with no extra charge) and have the opportunity to participate in various specialty clinics, including advanced skills, checking, power skating, as well as small ice games and scrimmages. The focus of the program is on development, exposure, and advancement.

The Sharks Elite coaching staff is led by Development Director, Chris Goodrich. "Coach Goody" captained the Hofstra University men's hockey team. He has assembled a staff of professional, non-parent head coaches, for all teams. Members of the Sharks Elite coaching staff include long time professional player and former college head coach, Buzz Deschamps, Dan Bedard (former Islander practice goalie and standout at Plattsburgh State), Chris Lloyd (Western New England College), Chris Loche (St. Michael's College), Keith Macias (Chaminade), Frank Bopp (Iona College), Tom Cairo (USA Hockey Level 4 coach), Mike Barnwell (USA Hockey Level 3 coach), and Michael Walsh (former junior player for the Long Beach Sharks (NA3HL)). Specialty goaltending coach, Ron Petronella, works with each team throughout the season.

The organization enjoys a close working relationship with the Long Beach Sharks junior hockey team which participates in the highly competitive Coastal Division of the NA3HL ([www.NA3HL.com](http://www.NA3HL.com)). Bobby Davis (Northeastern University, long time European professional player, and head coach of the Sharks NA3HL Junior team), works with the 18U and 16U teams and offers advanced skills and power skating clinics for all players with aspirations of playing junior hockey. Former player and long time coach and administrator, George Chalos (University of Vermont), is the President and ACE coordinator for the Sharks Elite organization and serves as a member of the NYSAHA player development and selection committee.

Each team has a minimum of two (2) weekly practices in-season and plays at least forty-five (45) games, plus playoffs. Tryouts are conducted in April for all Sharks Elite teams. For more information on Sharks Elite tryouts, please visit the organization's website at [www.sharkselitehockey.com](http://www.sharkselitehockey.com) for the full tryout schedule. To learn more about the Long Beach Sharks (NA3HL) junior hockey team, please visit: [www.longbeachsharks.com](http://www.longbeachsharks.com). Questions should be sent to President, George Chalos at: [gmc@sharksjrhockey.com](mailto:gmc@sharksjrhockey.com)



# Long Island Sharks

## 10 U Futures Silver

### Champions



The Long Island Sharks 10U Squirt team played in the EJEPL 10U Futures Silver division and are coached by Mr. Chris Goodrich the team finished the season with a 13-3 record , which was good enough for 2nd place in the division. The Sharks headed to the playoffs and in game one they faced off against the Philadelphia Revolution. The game remained scoreless for most of the 1st period until 341 left when Thomas Anschlowar scored the 1st goal of the game. The sharks would add another goal and lead 2-0 after one. The sharks would go on in the game and have two players record hat tricks which were recorded by Thomas Anschlowar and John Zakovic. The LI Sharks went on to with



the game 12 -4 and headed to the championship. In the Championship Game the Sharks faced off against the Montgomery Blue devils , and after a scoreless 1st period , the Sharks found themselves behind 1-0 at the 12:21 mark of the 2nd period. John Zakovic tied the game with 9:04 left in the 2nd period and 26 seconds later Tyler Ng scored to give the Sharks a 2-1 lead and the sharks never looked back going on to add two more goals by Nicholas Boboris and Daniel



Disque. The Li Sharks won the game 4-1 and Captured the 10U Futures Silver Division Championship. Nicholas Boboris was the MVP and had 5 Goals and 1 assist in the Playoffs Congratulations to Coach Goodrich and the Li Sharks on a great season.